

**Overview:** The HPRC's current core research project, the Out of School Nutrition and Physical Activity Initiative (OSNAP), works with out of school time programs to improve nutrition- and physical activity-related practices, environments, and policies. Widespread use of evidence-based resources from the OSNAP Initiative and the Food & Fun Curriculum is occurring through initiatives in Boston and Massachusetts and online platforms at [www.osnap.org](http://www.osnap.org) and [www.foodandfun.org](http://www.foodandfun.org).

### **Project Goals:**

From 2009-2014, OSNAP is promoting actions to help partner sites achieve the following goals:

- Increase physical activity
- Limit screen time
- Serve water every day
- Serve fruits and vegetables
- Serve whole grains
- Reduce sugary drinks
- Eliminate trans fats

### **OSNAP Collaborators:**

- Boston Public Schools
- Boston Centers for Youth and Families
- Boys and Girls Clubs of Boston
- YMCA of Greater Boston
- Fitchburg Public Schools
- New Bedford Public Schools
- Montachusett Community Branch YMCA
- YMCA Southcoast
- YWCA Southeastern Massachusetts
- Cleghorn Neighborhood Center
- NorthStar Learning Centers
- Boys and Girls Club of Fitchburg & Leominster

**Methods:** Researchers are examining students' physical activity levels and snack and beverage intake through accelerometer wear, examination of plate waste, on-site observations, and policy analysis at baseline and at the end of the school year. These results will be broadly disseminated throughout Massachusetts. Researchers have developed tools in partnership with our collaborators that afterschool programs can use to introduce healthy snacks and drinks and encourage physical activity in their programs.

**Principal Investigator:** Steven Gortmaker  
**Funder:** Centers for Disease Control and Prevention  
**Website:** [www.osnap.org](http://www.osnap.org)

**Program Manager:** Katie Giles  
**Funding Dates:** 2009 – 2014



## Translation of Research Into Practice

- Afterschool programs have used activities and communication materials from the Food & Fun Afterschool Curriculum, an evidence-based program, to help meet OSNAP Standards
- Preliminary data from a 2010-2011 randomized control trial in Boston showed that participation in the OSNAP intervention was associated with:
  - *increased* program policies related to the OSNAP goals; consumption of water and whole grains; and vigorous physical activity
  - *decreased* consumption of juice and foods with trans fats

## Changes to Environmental Systems

- As part of OSNAP, the Boston Public Schools Food and Nutrition department and the HPRC partnered to create an afterschool snack menu that offered more water, fruits and vegetables and whole grains
- Afterschool programs found innovative ways to increase physical activity and healthy eating by:
  - incorporating movement breaks during homework time into their schedules and
  - providing pitchers, cups, water jugs and water bottles to increase children's access to water

## Widespread Use of Evidence-Based Programs and Policies

- The OSNAP Initiative and Food & Fun curriculum are now being translated into practice via partnerships with the MA Department of Public Health and Boston Public Health Commission
- Materials are available for widespread dissemination online via [www.osnap.org](http://www.osnap.org) and [www.foodandfun.org](http://www.foodandfun.org)

## Training of Public Health Professionals and Community Members

- Since 2010, over 50 out of school time programs have participated in OSNAP Learning Communities
- The HPRC is training staff from the Boston Public Health Commission and community organizations in Massachusetts to work with afterschool programs to deliver the OSNAP Initiative

## Expanded Resources for Applied Public Health Research

- The OSNAP Initiative includes validated, reliable tools for:
  - Afterschool program staff to evaluate nutrition, physical activity and screen time practices
  - Researchers to measure snack consumption

## Recognition and Support for PRC Research and Activities

- Chosen as an intervention for translation and dissemination by the Center for Training and Research Translation
- ChildObesity 180's Healthy Kids Hub has chosen OSNAP and Food & Fun materials as resources to help out of school time programs become healthier environments
- The YMCA of the USA includes Food & Fun as one of their tools for creating healthier environments
- The Alliance for a Healthier Generation lists Food & Fun in the Healthy Schools Program Resource database

## Publications:

Giles CM, Kenney EL, Gortmaker SL, Lee RM, Thayer JC, Mont-Ferguson H, Cradock AL. [Increasing Water Availability During Afterschool Snack: Evidence, Strategies, and Partnerships from a Group Randomized Trial](#). Am J Prev Med. 2012 Sep;43(3 Suppl 2):S136-42.